

My Maricopa

November 2011

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FEATURED CLASS:

A Splash of Color Ceramics

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the *Activity* guide

your guide to staying active in Maricopa

Age-appropriate icons

help you find the programs and classes that are age relevant and may be suitable for you and your family:

-  May be suitable for children ages 1-5.
-  May be suitable for children ages 6-12.
-  May be suitable for teens ages 13-17.
-  May be suitable for older teens and adults ages 18+.

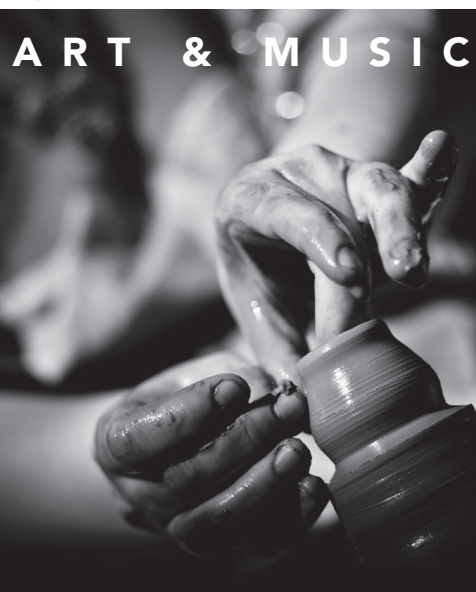
Where's my class? Here's a reference guide to help you better identify where our programs are located:

ATA = Maricopa Blackbelt Academy
 CAC = Central Arizona College
 CH - City Hall
 CTR = Copa Center
 DSP - Desert Sun Performing Arts
 MDF = Maricopa Dance & Fitness
 MPL = Maricopa Public Library
 MWM - Maricopa Wells Middle School
 PP = Pacana Park
 PWY = Pathway Preparatory Academy
 SSM = Stage Stop Marketplace
 TBD = To be determined

How to read the catalog

correctly is important in selecting the programs that interest you and work with your schedule. Here's what you should expect to find in the program schedule line: Session, Age Requirement, Cost of Class, Day(s) of the Week, Date Range, Class Time and Location Code.

REGISTER ONLINE:
MARICOPA-AZ.GOV



ART & MUSIC

A Splash of Color Ceramics



Each class will offer one to three pieces of pottery to be designed (glazed). Examples will be provided, but you are more than welcome to do your own design. In these classes/sessions, we will offer and demonstrate many different techniques, designs, textures, glazes, ect. We will collect the glazed finished pieces and take them to our home, "fire" them in a kiln, then return them to the participants at the next class/session.

1-12 \$25* M 1/9-4/16 6:30-8PM TBD
 13+ \$25* W 1/11-4/18 6:30-8PM TBD
 1+ \$25* S 1/14-4/21 8-10AM TBD

*Per class fee. You may register for ALL or INDIVIDUAL classes as desired.

Fabulous Faux: Classic Tuscan Metallics



A professional faux painter shares her years of experience and secret tricks of the trade allowing you to create your own mouth-dropping walls. Her dual-roller method quickly creates a variety of looks: suede, marble, granite, southwest rustic or old world Tuscan. Learn the secret for creating perfect edges, how to rescue a wall from disaster, how to make your own glaze and more.

18+ \$49 M 1/9 6-8:30PM TBD

Instant Guitar for Hopelessly Busy People



Have you ever wanted to learn how to play the guitar but simply find it difficult to make the time? In just a few hours, you can learn enough about playing the guitar to give you years of musical enjoyment and you won't have to take private lessons to do it. This crash course will teach you some basic chords and get you playing along with your favorite songs right away.

11+ \$49 T 1/10 6:30-9PM TBD

Instant Piano for Hopelessly Busy People



You don't need years of weekly lessons to learn how to play piano. In just a few hours, you can learn enough secrets of the trade to give you years of musical enjoyment. You will learn all the chords you'll need to play any song. If you can find middle C and know the meaning of Every Good Boy Does Fine, you know enough to enroll in this workshop.

18+ \$49 M 1/9 6:30-9:30PM TBD



Intro to Oil Painting for Beginners



This is an introduction to oil on canvas painting. The purpose of the class is to present techniques and methods so you can paint fantastic landscape scenes right away. This is a hands-on class where you will be painting your first painting from the first class. During the classes, you will learn about color, composition, structure and method of applying paints to achieve different effects.

Note: We will be using standard Oil Paints and Oderless Terpenoid. People who are allergic to oil-based paints, terpenines or thinners should not take this class. Enrolled students must purchase their own supplies. Additional details can be found at maricopa-az.gov.

16+	\$60	W	1/11-1/25	6-8PM	TBD
16+	\$60	W	2/1-2/15	6-8PM	TBD
16+	\$60	W	2/22-3/7	6-8PM	TBD
16+	\$60	W	3/14-3/28	6-8PM	TBD
16+	\$60	W	4/4-4/18	6-8PM	TBD
16+	\$100	W	1/11-2/15	6-8PM	TBD
16+	\$100	W	2/22-3/28	6-8PM	TBD

Maricopa Children's Theatre



Come pretend with us! This class introduces the littlest performer to the world of theatre with pretend play. Children will have the opportunity to learn fun finger plays and songs, pretend with costumes, gain better body control and socially interact with kids their age!

3-4	\$40	F	1/13-2/24	10-10:45AM	MDF
3-4	\$40	F	3/2-4/20	10-10:45AM	MDF

Let's Tell a Story! This class is designed to teach young performers how the theatre is used to tell a story. Children will have the opportunity to learn about acting on the stage as they rehearse a short play that will be performed at the end of class. They will also have an opportunity to sing and dance in a musical number.

5-8	\$45	Th	1/12-2/23	4-5PM	MDF
5-8	\$45	Th	3/1-4/19	4-5PM	MDF

Become a star of the stage! This class is designed to give those budding stars the knowledge and confidence to come out of their shell. Students will learn character development, stage manners, voice projection and how to "own" the stage as they rehearse and then perform a short play. They will also have the opportunity to sing and dance in a musical number.

9-12	\$45	T	1/10-2/21	6-7PM	MDF
9-12	\$45	T	2/28-4/17	6-7PM	MDF

Learn how to "think on your feet" with

improvisational Playback Theatre! The audience gives the story...you act it out! This class is designed to provide more experienced performers a way to further develop their talents and confidence on the stage. Class includes more in-depth character development, audition tips and an opportunity to perform for an audience.

13+	\$45	T	1/10-2/21	7-8PM	MDF
13+	\$45	T	2/28-4/17	7-8PM	MDF

Maricopa Teen Conservatory Theatre



Participants will learn the basic techniques of acting, auditioning, stage presence, projection and more. An audition, taking place during the workshop, will help participants know how to be prepared for auditions. We will then divide the participants into small groups and work on small scenes focusing on certain acting techniques, how to develop a character, and how to stay in character. Participants will also learn the value of teamwork on the stage through theatre games and focus exercises. Rehearsal between participants may be required outside of class time. Class Instructor: Matt Ortega

12-19	\$45	W	4/11-5/9	4:30-6PM	TBD
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Pain Free Piano for Kids



Now there is a better way to learn the piano and it is a lot of fun. Come attend this class with your potential piano student (ages 3 and up are OK) and see how this innovative new computer program teaches piano without all the pain. Piano Wizard operates like a video



Stay Connected to the City

Now there are more ways to get your City news.

Follow our four accounts on Twitter.
 @CityofMaricopa - news and events
 @MaricopaMatters - Economic Development
 @MaricopaFirePIO - Fire Department
 @MPDPPIO - Police Department

Like us on Facebook, under City of Maricopa.
 There you will find City events, links and images.

Connect with us on LinkedIn.
 Join the City's Economic Development Group.

Watch City Council meetings & the new "Maricopa Business Beat" on Maricopa20.

Visit the City's website, maricopa-az.gov, for the latest news, information, surveys and more. While you're there, sign up for the "My Maricopa" e-newsletter.

www.maricopa-az.gov

game and is very intuitive. You can go to this link, <http://www.youtube.com/watch?v=Q-zCbGUGU9U> and view a very young student successfully playing songs and having fun! This class will help prepare you for how best to use this program with your child. Fee includes an introductory DVD. Piano has never before been this easy and this much fun.

3+	\$49	T	1/10	4-6PM	TBD
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SPORTS, HEALTH & FITNESS

Adult Self Defense



Learn how to stop a violent attack. Through direct experience and proven scenarios that are designed to enhance your survivability, you will learn movements that work regardless of size or strength. We will examine the differences between a violent attack and conversational self-defense and why there needs to be a difference.

15+	\$45	F	1/13-2/3	7:15-8PM	TBD
15+	\$45	F	2/10-3/2	7:15-8PM	TBD
15+	\$45	F	3/9-3/30	7:15-8PM	TBD
15+	\$45	S	1/14-2/4	12:45-1:30PM	TBD
15+	\$45	S	2/11-3/3	12:45-1:30PM	TBD
15+	\$45	S	3/10-3/31	12:45-1:30PM	TBD

Adult Tennis Level I



Novice students will learn basic strokes, strategies and rules of the game in order to become proficient for match play.

18+	\$48	Su	1/15-2/26	4:30-5:30PM	PP
18+	\$48	Su	1/15-2/26	5:45-6:45PM	PP
18+	\$48	Su	3/25-5/6	4:30-5:30PM	PP
18+	\$48	Su	3/25-5/6	5:45-6:45PM	PP

Adult Tennis Level II



Experienced players will learn new shots to improve their game and overall footwork, such as approach shots, volley and overhead.

18+	\$48	Th	1/12-2/23	8:30-9:30AM	PP
18+	\$48	W	1/11-2/22	7-8PM	PP
18+	\$48	Th	3/22-5/3	8:30-9:30AM	PP
18+	\$48	W	3/21-5/2	7-8PM	PP

ATA Taekwondo: Karate Kids



Students learn Taekwondo from Nationally Certified Black Belt and Master Instructors in Maricopa's only full-time professional

martial arts school. Students enjoy fitness, self-defense and life skills training through a variety of disciplined exercises. Featuring the Kids 'n Power child safety and bullying prevention program, ATA FIT/Warrior XFIT, and the latest in personal protection training. New/White, Orange and Yellow Belts only.

7-11	\$59	M	1/30-3/5	5:15-5:55PM	ATA
7-11	\$59	T	1/31-3/6	4:30-5:10PM	ATA
7-11	\$59	W	2/1-3/7	3:45-4:25PM	ATA
7-11	\$59	Th	2/2-3/8	6-6:40PM	ATA
7-11	\$59	F	2/3-3/9	3:45-4:25PM	ATA
7-11	\$59	M	3/12-4/16	5:15-5:55PM	ATA
7-11	\$59	T	3/13-4/17	4:30-5:10PM	ATA
7-11	\$59	W	3/14-4/18	3:45-4:25PM	ATA
7-11	\$59	Th	3/15-4/19	6-6:40PM	ATA
7-11	\$59	F	3/16-4/20	3:45-4:25PM	ATA

ATA Taekwondo: Teens & Adults



A traditional Taekwondo program taught by nationally certified Black Belt and Master instructors in Maricopa's only full-time professional martial arts school. Classes emphasize overall fitness and self-defense. Featuring ATA FIT/Warrior XFIT, and the latest in personal protection training. New/White, Orange and Yellow Belts only.

12+	\$59	M	1/30-3/5	7:30-8:10PM	ATA
12+	\$59	T	1/31-3/6	7:30-8:10PM	ATA
12+	\$59	W	2/1-3/7	7:30-8:10PM	ATA
12+	\$59	Th	2/2-3/8	7:30-8:10PM	ATA
12+	\$59	F	2/3-3/9	6-6:40PM	ATA
12+	\$59	M	3/12-4/16	7:30-8:10PM	ATA
12+	\$59	T	3/13-4/17	7:30-8:10PM	ATA
12+	\$59	W	3/14-4/18	7:30-8:10PM	ATA
12+	\$59	Th	3/15-4/19	7:30-8:10PM	ATA
12+	\$59	F	3/16-4/20	6-6:40PM	ATA

ATA Taekwondo: Tiny Tigers



Students learn Taekwondo with an emphasis on listening and following directions. The ATA Life Skills education program prepares young children for school success by encouraging and rewarding discipline, respect, courtesy and self-control. Classes taught by nationally certified Black Belt and Master instructors in Maricopa's only full-time professional martial arts school. Featuring the Kids 'n Power child safety and bullying prevention program. New/White, Orange and Yellow Belts only.

4-6	\$59	M	1/30-3/5	3:45-4:25PM	ATA
4-6	\$59	T	1/31-3/6	6-6:40PM	ATA
4-6	\$59	W	2/1-3/7	5:15-5:55PM	ATA
4-6	\$59	Th	2/2-3/8	4:30-5:10PM	ATA
4-6	\$59	F	2/3-3/9	3:45-4:25PM	ATA
4-6	\$59	M	3/12-4/16	3:45-4:25PM	ATA

4-6	\$59	T	3/13-4/17	6-6:40PM	ATA
4-6	\$59	W	3/14-4/18	5:15-5:55PM	ATA
4-6	\$59	Th	3/15-4/19	4:30-5:10PM	ATA
4-6	\$59	F	3/16-4/20	3:45-4:25PM	ATA

Basketball Mini/Junior/Seanior Stars



This is a fun way for children who are a little more serious about the sport to pick up additional skills and experience in basketball. We have volunteer and trained staff working together to provide a high quality product.

5-7	\$40	M	1/9-1/30	5:30-6:30PM	PWY
5-7	\$40	M	2/6-2/27	5:30-6:30PM	PWY
5-7	\$40	M	3/5-3/26	5:30-6:30PM	PWY
5-7	\$40	M	4/9-4/30	5:30-6:30PM	PWY
8-10	\$40	M	1/9-1/30	6:30-7:30PM	PWY
8-10	\$40	M	2/6-2/27	6:30-7:30PM	PWY
8-10	\$40	M	3/5-3/26	6:30-7:30PM	PWY
8-10	\$40	M	4/9-4/30	6:30-7:30PM	PWY
11-18	\$40	M	1/9-1/30	7:30-8:30PM	PWY
11-18	\$40	M	2/6-2/27	7:30-8:30PM	PWY
11-18	\$40	M	3/5-3/26	7:30-8:30PM	PWY
11-18	\$40	M	4/9-4/30	7:30-8:30PM	PWY

Bootcamp



Join us for this full-body workout that incorporates strength, endurance and flexibility. Bring a yoga mat or towel and a set of small weights (5-10 lbs).

18+	\$35	M-Th	2/27-3/8	5:15-6:15AM	MWM
18+	\$100	M-Th	1/9-2/16	5:15-6:15AM	MWM
18+	\$100	M-Th	3/19-4/26	5:15-6:15AM	MWM

Cardio Combo: All Levels



Get a variety, mix things up and get the ultimate workout. Start with a Zumba dance warm up, Tai Chi and Pilates workout and cool down with Hatha Yoga. Wear loose clothing, bring towel and water.

18+	\$18	W	1/11-1/25	7:30-8:20PM	CTR
18+	\$60	W	1/11-4/18	7:30-8:20PM	CTR
18+	\$18	S	1/14-1/28	9:30-10:20AM	CTR
18+	\$60	S	1/14-4/21	9:30-10:20AM	CTR
18+	\$18	W	2/1-2/15	7:30-8:20PM	CTR
18+	\$18	S	2/4-2/18	9:30-10:20AM	CTR
18+	\$18	W	2/22-3/7	7:30-8:20PM	CTR
18+	\$18	S	2/25-3/10	9:30-10:20AM	CTR
18+	\$18	W	4/4-4/18	7:30-8:20PM	CTR
18+	\$18	S	4/7-4/21	9:30-10:20AM	CTR

Dance Fit for Seniors (55+)



A gentle way to move your body to music. Work at your own pace and follow the natural

rhythm of the body. Develop and improve balance while reducing anxiety and stress, improving heart and lung capacity. Wear comfortable clothing and bring water.

55+	\$18	Th	1/12-1/26	5:30-6:15PM	TBD
55+	\$60	Th	1/12-4/19	5:30-6:15PM	TBD
55+	\$18	Th	2/2-2/16	5:30-6:15PM	TBD
55+	\$18	Th	2/23-3/8	5:30-6:15PM	TBD
55+	\$18	Th	4/5-4/19	5:30-6:15PM	TBD

Dance Fit for Teens: All Levels



Have fun, shake your body and dance off the pounds. Increase stamina and energy, learn rhythm and balance while reducing anxiety and stress, improve heart and lung capacity. Dance instruction includes Zumba latin, Hip-Hop, Current and Popular Dances.

13+	\$18	W	1/11-1/25	5:30-6:30PM	CTR
13+	\$60	W	1/11-4/18	5:30-6:30PM	CTR
13+	\$18	W	2/1-2/15	5:30-6:30PM	CTR
13+	\$18	W	2/22-3/7	5:30-6:30PM	CTR
13+	\$18	W	4/4-4/18	5:30-6:30PM	CTR

Fit & Learn



An active approach to early learning. Bring your child to learn ABCs, 123s, calendar, colors and shapes while using sports and fitness to learn.

3-5	\$55	T	1/10-1/31	9-11AM	SSM
3-5	\$55	Th	1/12-2/2	9-11AM	SSM
3-5	\$55	T	2/7-2/28	9-11AM	SSM
3-5	\$55	Th	2/9-3/1	9-11AM	SSM
3-5	\$55	T	3/6-4/3	9-11AM	SSM
3-5	\$55	Th	3/8-4/5	9-11AM	SSM
3-5	\$55	T	4/10-5/1	9-11AM	SSM
3-5	\$55	Th	4/12-5/3	9-11AM	SSM



Flag Football Mini/Junior/Senior Stars



This is a fun way for children who are a little more serious about the sport to pick up additional skills and experience in soccer. We have volunteer and trained staff working together to provide a high quality product.

5-7	\$40	T	1/10-1/31	5:30-6:30PM	PWY
5-7	\$40	T	2/7-2/28	5:30-6:30PM	PWY
5-7	\$40	T	3/6-3/27	5:30-6:30PM	PWY
5-7	\$40	T	4/10-5/1	5:30-6:30PM	PWY
8-10	\$40	T	1/10-1/31	6:30-7:30PM	PWY
8-10	\$40	T	2/7-2/28	6:30-7:30PM	PWY
8-10	\$40	T	3/6-4/3	6:30-7:30PM	PWY
8-10	\$40	T	4/10-5/1	6:30-7:30PM	PWY
11-18	\$40	T	1/10-1/31	7:30-8:30PM	PWY
11-18	\$40	T	2/7-2/28	7:30-8:30PM	PWY
11-18	\$40	T	3/6-3/27	7:30-8:30PM	PWY
11-18	\$40	T	4/10-5/1	7:30-8:30PM	PWY

Hatha Yoga Beginners



This class will challenge, calm and relax you at any level. Learn the basics of Yoga and how to apply it to everyday life. Condition core muscles to make the body stronger and condition the mind to be positive through a continuous flow of poses. Wear comfortable clothing, bring towel and water.

13+	\$60	T	1/10-4/17	7:30-8:20PM	CTR
13+	\$18	T	1/10-1/24	7:30-8:20PM	CTR
13+	\$18	T	1/31-2/14	7:30-8:20PM	CTR
13+	\$18	T	2/21-3/6	7:30-8:20PM	CTR
13+	\$18	T	4/3-4/17	7:30-8:20PM	CTR

Maricopa Brothers Taekwondo: Little Kicks



This program is designed to teach 3- and 4-year olds the basic skills through fun and exciting martial arts games. Discover the positive impact of the mental and physical skills your child will master as a Taekwondo student. Watch your child build confidence, improve coordination, increase self-control, have fun and get stronger in an environment of courtesy and respect. Kids have a blast learning one of the most practiced martial arts in the world. Maricopa Brothers Taekwondo is the ONLY Olympic Taekwondo school in Maricopa. Be the best, learn from the best. Master Charlie Brown is a 5th Degree Black Belt with over 20 years of experience training and coaching at state, national and international levels.

3-4	\$45	F	1/13-2/17	5:30-6PM	CTR
3-4	\$45	F	3/2-4/13	5:30-6PM	CTR

Maricopa Brothers Taekwondo (5+)



Discover the positive impact of the mental and physical skills your child will master as a Taekwondo student. Watch your child build confidence, improve coordination, increase self-control, have fun and get stronger in an environment of courtesy and respect. Adults, exercise your mind and body, relieve stress and take on a new challenge. Learn one of the most practiced martial arts in the world. Maricopa Brothers Taekwondo is the ONLY Olympic Taekwondo school in Maricopa. Be the best, learn from the best. Master Charlie Brown is a 5th Degree Black Belt with over 20 years of experience training and coaching at state, national and international levels.

5+	\$65	F	1/13-2/17	6-7PM	CTR
5+	\$65	F	3/2-4/13	6-7PM	CTR

Pilates Boot Camp (All Levels)



This boot camp will burn fat and challenge you at every level. Pilates provides a full body workout and focuses on core conditioning, increasing stamina and energy, strengthening arms, legs, back and buttocks. Bring a Pilates mat, hand towel, water/sports drink and wear comfortable clothing. Advanced: Men bring 5-10 lbs, Women bring 1-3 lbs weights.

18+	\$60	T-Th	1/31-3/8	7-7:50PM	CTR
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Pilates Mini-Boot Camp (All Levels)



This boot camp will prepare you for the six week Pilates Boot Camp. Pilates provides a full-body workout and focuses on core conditioning, increasing stamina and energy, strengthening arms, legs, back and buttocks. Bring Pilates mat, hand towel, water/sports drink, wear comfortable clothing.

13+	\$36	T-Th	1/10-1/26	6:30-7:20PM	CTR
13+	\$36	T-Th	4/3-4/19	6:30-7:20PM	CTR

Pilates N More (Beginner/Intermediate)



This class offers full body strengthening and development of the core muscles. The first 10 minutes is an immersion into breathing techniques and proper alignment of the body. The beginner through intermediate exercises will focus on and develop the abdominal, buttocks, legs and upper body muscles. The class will finish with deep cool down stretches for a complete relaxation of the body. Please bring a mat and water.

16+	\$48	TTh	1/10-2/2	6:30-7:30PM	TBD
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Pilates N More (Advanced)



Advanced Pilates is a high-level fitness conditioning that encourages core strength and full body muscle development. Several intense workout circuits are implemented throughout the class including abdominals, buttocks, back, legs and other upper body muscle groups. Please bring a mat and water.

16+	\$48	TTh	1/10-2/2	7:45-8:30PM	TBD
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PiYo Combo (All Levels)



A workout which consists of aggressive Pilates followed by intense Hatha Yoga. Strengthen and stretch! Bring a mat, water and wear comfortable clothing, weights are optional.

13+	\$60	Th	1/12-4/19	7:30-8:20PM	CTR
13+	\$18	Th	1/12-1/26	7:30-8:20PM	CTR
13+	\$18	Th	2/2-2/16	7:30-8:20PM	CTR
13+	\$18	Th	2/23-3/8	7:30-8:20PM	CTR
13+	\$18	Th	4/5-4/19	7:30-8:20PM	CTR

Quickstart Tennis



Quickstart tennis is a way for beginners to be more successful learning the basic skills in tennis. Through a safe, fun and knowledgeable program, the class offers recreational group



tennis lessons for beginners that want to learn coordination, equipment knowledge, court etiquette and stroke development. Some of the things that Quickstart offers to make your child more successful are different racquet sizes, smaller court sizes and foam balls.

5-7	\$48	Th	1/12-2/23	5:45-6:45PM	PP
5-7	\$48	S	1/14-2/25	8:30-9:30AM	PP
5-7	\$48	S	3/24-5/5	8:30-9:30AM	PP
5-7	\$48	Th	3/22-5/3	5:45-6:45PM	PP
8-10	\$48	W	1/11-2/22	5:45-6:45PM	PP
8-10	\$48	S	1/14-2/25	9:45-10:45AM	PP
8-10	\$48	W	3/21-5/2	5:45-6:45PM	PP
8-10	\$48	S	3/24-5/5	9:45-10:45AM	PP

Teen Boot Camp



Need a fun way to get out and move? Join the teen boot camp! It is one hour of strength training, cardio and stretching. It will increase your endurance and you'll have a lot of fun!

8-17	\$35	T	1/10-1/31	6:30-7:30PM	MDF
8-17	\$35	T	2/14-3/6	6:30-7:30PM	MDF
8-17	\$45	T	3/20-4/17	6:30-7:30PM	MDF

Tennis (Beginner/Intermediate)



Learn the skills of tennis through a safe, fun and knowledgeable program! This class offers recreational group tennis lessons for children with various skill levels and players will learn coordination, equipment knowledge, court etiquette and stroke development.

11-17	\$48	M	1/9-2/20	7-8PM	PP
11-17	\$48	M	3/19-4/30	7-8PM	PP

Tennis Power Hour



Looking for a fun group activity with high energy? Then try this class where you will get a warm up, cardio workout and cool down while playing tennis. It is a great way to get in better shape and burn calories.

18+	\$48	M	1/9-2/20	5:45-6:45PM	PP
18+	\$48	Th	1/12-2/23	7-8PM	PP
18+	\$48	M	3/19-4/30	5:45-6:45PM	PP
18+	\$48	Th	3/22-5/3	7-8PM	PP

Tiny Tot Sport:



Are you ready for a revolutionary sports experience? Our tiny tot sports program is a fun-filled six-week program. This class is designed to teach your little one the basic concepts of soccer, t-ball and basketball. No special equipment is needed other than a smile! A parent or guardian has to be present

OPEN GYM BASKETBALL

FREE to attend, drop-ins welcome - no registration required:

Each FRIDAY at Maricopa Wells Middle school

Questions?

Contact Rocky Brown

(520) 316-6835 or

rocky.brown@maricopa-az.gov

during the class. All participants receive a t-shirt.

2-3	\$20	M	1/9-2/20	9-9:45AM	PP
2-3	\$20	W	1/11-2/15	9-9:45AM	PP
2-3	\$20	W	2/22-4/4	9-9:45AM	PP
2-3	\$20	M	2/27-4/9	9-9:45AM	PP
3-4	\$20	T	1/10-2/21	9-9:45AM	PP
3-4	\$20	T	2/28-4/10	9-9:45AM	PP
4-5	\$20	F	1/13-2/17	9-9:45AM	PP
4-5	\$20	F	2/24-4/6	9-9:45AM	PP

Volleyball Mini/Junior/Senior Stars



This is a fun way for children who are a little more serious about the sport to pick up additional skills and experience in volleyball. We have volunteer and trained staff working together to provide a high quality product.

5-7	\$40	W	1/11-2/1	5:30-6:30PM	PWY
5-7	\$40	W	2/8-2/29	5:30-6:30PM	PWY
5-7	\$40	W	3/7-4/4	5:30-6:30PM	PWY
5-7	\$40	W	4/11-5/2	5:30-6:30PM	PWY
8-10	\$40	W	1/11-2/1	6:30-7:30PM	PWY
8-10	\$40	W	2/8-2/29	6:30-7:30PM	PWY
8-10	\$40	W	3/7-4/4	6:30-7:30PM	PWY
8-10	\$40	W	4/11-5/2	6:30-7:30PM	PWY
11-18	\$40	W	1/11-2/1	7:30-8:30PM	PWY
11-18	\$40	W	2/8-2/29	7:30-8:30PM	PWY
11-18	\$40	W	3/7-4/4	7:30-8:30PM	PWY
11-18	\$40	W	4/11-5/2	7:30-8:30PM	PWY

Women's Self-Defense



In our women only classes, you will learn the most common attacks women face in the U.S. today and how to deal with larger, stronger

attackers. The women's self protection skills are based on full-body movement and not on strength. The ability to handle situations of stress and crisis effectively and successfully is a skill. You can learn this skill! No previous experience is necessary.

15+	\$45	F	1/13-2/3	6:30-7:15PM	TBD
15+	\$45	S	1/14-2/4	12-12:45PM	TBD
15+	\$45	F	2/10-3/2	6:30-7:15PM	TBD
15+	\$45	S	2/11-3/3	12-12:45PM	TBD
15+	\$45	F	3/9-3/30	6:30-7:15PM	TBD
15+	\$45	S	3/10-3/31	12-12:45PM	TBD

SPORTS CALENDAR

Fall Youth Soccer

Ages: 4-5 coed, 6-7 girls, 6-7 boys, 8-9 girls, 8-9 boys, 10-12 girls, 10-12 boys and 13-16 coed.

Registration:

October 24 - December 16

Practices begin:

Week of January 30

First Game:

February 18

Cost: \$50 per child

For more information, contact Community Services at 520/316.6962



Yoga by Anusara Method



This yoga class is strongly influenced by the Anusara Method, which emphasizes the three As, attitude, alignment and action. Attitude embraces the function of the heart in relation to the movement of the body. Alignment concentrates on the muscular, skeletal and internal organ positioning for body strength and balance. Action encourages the student to express the natural flow of energy with stability and fearlessness. To the yoga beginner, be encouraged; and to the intermediate and advanced, be challenged. Please bring a yoga mat and water.

16+ \$48 MW 1/9-2/1 7-8PM TBD

Yoga for Seniors



Yoga is an endless, individual, inner journey. No competition, goal or judgment. Everyone progresses at their own pace. This class focuses on flexibility, strength, endurance, concentration, balance and relaxation. A gentle way to start Yoga. Bring a yoga mat, pillow or cushion, water and wear comfortable clothing.

55+ \$18 T 1/10-1/24 10:30-11:30AM TBD

55+ \$60 T 1/10-4/17 10:30-11:30AM TBD

55+ \$18 T 1/31-2/14 10:30-11:30AM TBD

55+ \$18 T 2/21-3/6 10:30-11:30AM TBD

55+ \$18 T 4/3-4/17 10:30-11:30AM TBD

Zumba:



Zumba is a Latin-inspired, dance-fitness class that incorporates Latin and international music and dance movements. This class format combines fast and slow rhythms that tone and sculpt the body in a high impact aerobic/fitness fashion to achieve a unique blended balance of cardio and muscle-toning benefits. Be prepared for an hour of non-stop dancing in a party-like environment. All levels welcome.

16+ \$35 T 1/10-2/14 6:30-7:30PM CTR

16+ \$35 Th 1/12-2/16 6:30-7:30PM CTR

16+ \$35 T 2/21-4/3 6:30-7:30PM CTR

16+ \$35 Th 2/23-4/5 6:30-7:30PM CTR

Zumba (All Levels)



This class is a combination of heart pumping cardio to help burn fat and tone muscles. If you love to dance or want to learn how to dance, this is the class for you. Sign up with friends and family and dance, dance, dance!

Wear loose fitting clothing, towel and water.

13+ \$60 S 1/14-4/21 10:30-11:30AM CTR

13+ \$18 S 1/14-1/28 10:30-11:30AM CTR

13+ \$18 S 2/4-2/18 10:30-11:30AM CTR

13+ \$18 S 2/25-3/10 10:30-11:30AM CTR

13+ \$18 S 4/7-4/21 10:30-11:30AM CTR

DANCE & GYMNASTICS

Adult Ballet



Looking for a great way to exercise, miss doing some ballet or always wanted to try something new? Sign up for Adult Ballet! Ballet techniques and skills will be taught creating a great work out and a great way to get back into dancing.

18+ \$38 Th 1/12-2/2 7-8PM MDF

18+ \$38 Th 2/16-3/8 7-8PM MDF

18+ \$53 Th 3/22-4/19 7-8PM MDF

Adult Jazz Conditioning



This one hour class will teach adults the basics of jazz dance and jazz terminology while toning and strengthening our bodies. Through a series of workouts that will change on a weekly basis this class will focus on improving flexibility and increasing muscle, while improving rhythm and learning various dance routines.

18+ \$60 T 1/10-1/31 10:45-11:45AM TBD

18+ \$60 Th 1/12-2/2 10:45-11:45AM TBD

18+ \$60 T 2/7-2/28 10:45-11:45AM TBD

18+ \$60 Th 2/9-3/1 10:45-11:45AM TBD

18+ \$60 T 2/14-3/6 10:45-11:45AM TBD

18+ \$60 Th 2/16-3/8 10:45-11:45AM TBD

18+ \$60 T 3/13-4/3 10:45-11:45AM TBD

18+ \$60 Th 3/15-4/5 10:45-11:45AM TBD

Adult Tap



This one hour class will teach adults the basics of tap dance and tap terminology while learning syncopation and increasing musicality. Class structure will consist of basic warm-ups, across the floor, and learning various tap routines. Tap shoes are not provided with class registration.

18+ \$60 T 1/10-1/31 11:45AM-12:45PM TBD

18+ \$60 Th 1/12-2/2 11:45AM-12:45PM TBD

18+ \$60 T 2/7-2/28 11:45AM-12:45PM TBD

18+ \$60 Th 2/9-3/1 11:45AM-12:45PM TBD

18+ \$60 T 2/14-3/6 11:45AM-12:45PM TBD

18+ \$60 Th 2/16-3/8 11:45AM-12:45PM TBD

18+ \$60 T 3/13-4/3 11:45AM-12:45PM TBD

18+ \$60 Th 3/15-4/5 11:45AM-12:45PM TBD

Belly Dance



All Levels Welcome. This program introduces the beginner movements of belly dancing. You will learn basic moves that will enable you to perform a fully choreographed dance routine. You will receive step-by-step instructions on how to execute the movements associated with belly dance. The elements are isolated and taught slowly, so you can learn each movement's subtleties. We will cover isolations such as hip lifts, hip circles, half moon, hammer drops, figure eight, chest lifts, chest circles, shoulder shimmies, hip shimmies, walking steps, snake arms and so on.

16+ \$65 S 1/14-2/25 10-10:55AM CTR

16+ \$65 S 3/3-4/21 10-10:55AM CTR

Cheer Baby Cheer



This class will introduce cheer play. They will learn beats and clapping and basic motions. Counting, ABCs and coordination will be taught through cheers, cheer-dance and play. All classes are set to USASF cheer age guidelines, and all courses are taught by cheer certified and cheer safety certified instructors, according to agency standards.

1-3 \$35 M 1/9-1/30 9:30-10AM TBD

1-3 \$35 M 2/6-2/27 9:30-10AM TBD

1-3 \$35 M 3/5-3/26 9:30-10AM TBD

Cheerleading



Come enjoy our fun atmosphere while learning cheers, arm positions, jumps and tumbling to enhance your cheer skills.

11+ \$53 W 1/11-2/1 6-7PM SSM

11+ \$53 W 2/8-2/29 6-7PM SSM

11+ \$53 W 3/7-4/4 6-7PM SSM

11+ \$53 W 4/9-5/4 6-7PM SSM

5-10 \$53 Th 1/12-2/2 5:45-6:30PM SSM

5-10 \$53 Th 2/9-3/1 5:45-6:30PM SSM

5-10 \$53 Th 3/8-4/5 5:45-6:30PM SSM

5-10 \$53 Th 4/12-5/3 5:45-6:30PM SSM

Creative Movement



Students learn the basics of movement and dance through creative skills and techniques. This will be a fun and active class that keeps

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Maricopa Public Library

T, Th, F, S 9am-5pm
M, W 11am-7pm
Su closed

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students moving and engaged in learning new things. Students are recommended to wear leotard, tights and ballet shoes.

2-3 \$38 W 1/11-2/1 9-9:45AM MDF
2-3 \$38 W 2/15-3/7 9-9:45AM MDF
2-3 \$53 W 3/21-4/18 9-9:45AM MDF

Dance Dance Dance



A 10 week guided, fun, and highly energetic movements class. Opportunity to increase self-confidence, creativity and coordination through music. Students learn ballet, tap and jazz and will perform two dance routines for family and friends on the last day of class. Wear comfortable clothing and shoes. More info at: www.dancesequins.com Note: No class on 3/14.

3-5 \$75 W 2/1-4/11 4:30-5PM TBD
6-13 \$100 W 2/1-4/11 5-6PM TBD

Dance Kids



Come explore dance in a variety of ways, including creative movement, basic ballet, tumbling and sing a longs in a fun and carefree environment. Learn about musicality, taking turns and working together.

2-3 \$56 Th 1/12-2/23 8:45-9:20AM DSP
2-3 \$56 Th 3/1-4/19 8:45-9:20AM DSP
4-5 \$56 Th 1/12-2/23 10:15-11AM DSP
4-5 \$56 Th 3/1-4/19 10:15-11AM DSP

Fairy Tale Ballet, Tap & Jazz



This class introduces 5-7 year olds to various forms of dance. They will learn ballet, tap

and jazz. This will be a fun and active class that keeps students moving and engaged in learning new things. Students are recommended to wear any color leotard with or without a skirt, pink tights and pink ballet shoes black tap shoes. Attire is not included in registration fee but is optional.

5-7 \$38 S 1/14-2/4 10-11AM MDF
5-7 \$38 S 2/18-3/10 10-11AM MDF
5-7 \$53 S 3/24-4/21 10-11AM MDF

Gymnastics



Non-experienced gymnasts will learn all the basics of gymnastics, including use of equipment from certified instructors in our fully-equipped gym.

7-18 \$53 M 1/9-1/30 5:45-6:30PM SSM
7-18 \$53 T 1/10-1/31 5-5:45PM SSM
7-18 \$53 Th 1/12-2/2 5-5:45PM SSM
7-18 \$53 M 2/6-2/27 5:45-6:30PM SSM
7-18 \$53 T 2/7-2/28 5-5:45PM SSM
7-18 \$53 Th 2/9-3/1 5-5:45PM SSM
7-18 \$53 M 3/5-4/2 5:45-6:30PM SSM
7-18 \$53 T 3/6-4/3 5-5:45PM SSM
7-18 \$53 Th 3/8-4/5 5-5:45PM SSM
7-18 \$53 M 4/9-4/30 5:45-6:30PM SSM
7-18 \$53 T 4/10-5/1 5-5:45PM SSM
7-18 \$53 Th 4/12-5/3 5-5:45PM SSM

Hula Princesses Fun Dance



Aloha! This is a fun, new and exciting class for adventurous dancers. Students will learn a beginner introduction to Hawaiian Cultural Dances (focusing on Auana Style "Modern Hula"), Real Hula Instruments and Basic Mele "Songs." An introduction to the exhilarating drums of Tahitian Dance will be taught as well.

5-7 \$65 S 1/14-2/25 9-9:55AM CTR
5-7 \$65 S 3/3-4/21 9-9:55AM CTR

Kindergarten Dance



This 45-minute combination class introduces little dancers to the best of both worlds! Both ballet and tap terminology and movements will be taught, strengthening each student's motor skills, ballet movement and step knowledge, and rhythm and tap sounds. The emphasis is on the joy of movement and dance in a supportive and fun atmosphere with other little dancers.

4-5 \$45 T 1/10-1/31 10-10:45AM TBD
4-5 \$45 Th 1/12-2/2 10-10:45AM TBD
4-5 \$45 T 2/7-2/28 10-10:45AM TBD
4-5 \$45 Th 2/9-3/1 10-10:45AM TBD

4-5 \$45 T 2/14-3/6 10-10:45AM TBD
4-5 \$45 Th 2/16-3/8 10-10:45AM TBD
4-5 \$45 T 3/13-4/3 10-10:45AM TBD
4-5 \$5 Th 3/15-4/5 10-10:45AM TBD

Modern Dance Choreography & Improvisation



Come enjoy the fun, creative, and expressive way to dance. We will be exploring thoughts, feelings and concepts through improvisation and choreography.

3-6 \$55 S 1/14-2/18 10-10:45AM TBD
3-6 \$55 S 2/25-4/14 10-10:45AM TBD
7-10 \$55 S 1/14-2/18 11AM-12PM TBD
7-10 \$55 S 2/25-4/14 11AM-12PM TBD
10-13 \$55 T 1/10-2/14 6-7PM TBD
14-18 \$55 T 2/21-4/10 6-7PM TBD
18+ \$55 T 1/10-2/14 7-8PM TBD
18+ \$55 T 2/21-4/10 7-8PM TBD

Parent & Me Dance



Children will learn fun, dance-related activities and basic dance steps while forming a closer bond with Dad or Mom. This 30-minute class focuses on dance movement, hand-eye coordination, stretching, counting, rhythm and other basic dance techniques that are great for early childhood development, building self esteem and self confidence. When it is time for your little dancer to move on to their own children's dance class, the transition is easy because they are familiar with our instructors and the class structure.

1+ \$35 T 1/10-1/31 9-9:30AM TBD
1+ \$35 Th 1/12-2/2 9-9:30AM TBD
1+ \$35 T 2/7-2/28 9-9:30AM TBD
1+ \$35 Th 2/9-3/1 9-9:30AM TBD
1+ \$35 T 2/14-3/6 9-9:30AM TBD
1+ \$35 Th 2/16-3/8 9-9:30AM TBD
1+ \$35 T 3/13-4/3 9-9:30AM TBD
1+ \$35 Th 3/15-4/5 9-9:30AM TBD

Looking Ahead



at the Recreation Calendar

Winter/Spring Session 2012

Registration begins: November 28
Classes: January 9 through April 21

Summer 2012

Registration begins: April 2
Classes: May 29 through August 3

Parent & Star

Bond with your child through gymnastics! USA certified instructors will explore the vault, bars, beams, floor, rings, trampoline and much more with parents and children. Note: your child must be able to walk on their own to participate in this class.

1-3	\$48	M	1/9-1/30	9-9:30AM	SSM
1-3	\$48	T	1/10-1/31	9-9:30AM	SSM
1-3	\$48	Th	1/12-2/2	9-9:30AM	SSM
1-3	\$48	M	2/6-2/27	9-9:30AM	SSM
1-3	\$48	T	2/7-2/28	9-9:30AM	SSM
1-3	\$48	Th	2/9-3/1	9-9:30AM	SSM
1-3	\$48	M	3/5-4/2	9-9:30AM	SSM
1-3	\$48	T	3/6-3/27	9-9:30AM	SSM
1-3	\$48	Th	3/8-4/5	9-9:30AM	SSM
1-3	\$48	M	4/9-4/30	9-9:30AM	SSM
1-3	\$48	T	4/10-5/1	9-9:30AM	SSM
1-3	\$48	Th	4/12-5/3	9-9:30AM	SSM

Preschool Dance

These wonderful 30-minute ballet classes introduce little dancers to the structure of a ballet class, basic ballet etiquette and terminology, basic positions of the feet, posture and basic port de bras (carriage of the arms). Emphasis is placed on providing a proper ballet foundation to prepare the young dancer for a formal class while still having fun. Pre-Ballet classes are less formal than a regular ballet class and incorporate props and dance games for young attention spans.

2-3	\$35	T	1/10-1/31	9:30-10AM	TBD
2-3	\$35	Th	1/12-2/2	9:30-10AM	TBD
2-3	\$35	T	2/7-2/28	9:30-10AM	TBD
2-3	\$35	Th	2/9-3/1	9:30-10AM	TBD
2-3	\$35	T	2/14-3/6	9:30-10AM	TBD
2-3	\$35	Th	2/16-3/8	9:30-10AM	TBD
2-3	\$35	T	3/13-4/3	9:30-10AM	TBD
2-3	\$35	Th	3/15-4/5	9:30-10AM	TBD

Shooting Stars

When introducing gymnastics to children, our main goal is for them to have fun as they learn the core physical concepts of flexibility, balance and agility. Students will work alongside certified instructors with the vault, bars, beam, floor, rings and trampoline.

5-6	\$53	Th	1/12-2/2	4:15-5PM	SSM
5-6	\$53	Th	2/9-3/1	4:15-5PM	SSM
5-6	\$53	Th	3/8-4/5	4:15-5PM	SSM
5-6	\$53	Th	4/12-5/3	4:15-5PM	SSM

Shooting/Tumble Stars Combo

Boys and girls will develop strength, flexibility and coordination alongside certified instructors with the vault, bars, beam, floor, rings and trampoline.

4-6	\$53	W	1/11-2/1	3:30-4:15PM	SSM
4-6	\$53	W	2/8-2/29	3:30-4:15PM	SSM
4-6	\$53	W	3/7-4/4	3:30-4:15PM	SSM
4-6	\$53	W	4/11-5/2	3:30-4:15PM	SSM

Swing Kids

Learn the coolest, craziest, dance ever created! The Lindy Hop is a historic dance created in the 1930s that is full of upbeat music, energetic steps and flying air moves! Kids can develop good rhythm, performance, confidence, and partner skills.

8-17	\$38	W	1/11-2/1	5-6PM	MDF
8-17	\$38	W	2/15-3/7	5-6PM	MDF
8-17	\$53	W	3/21-4/18	5-6PM	MDF

Teen Tween Mix

This class is for boys and girls and introduces teenagers and tweens to various forms of dance, including hip hop, ballet and jazz. This is a fun and active class that will keep students moving and engaged in learning new things. Students are recommended to wear loose fitting clothing, ballet shoes and tennis shoes.

10-15	\$38	W	1/11-2/1	6-7PM	MDF
10-15	\$38	W	2/15-3/7	6-7PM	MDF
10-15	\$53	W	3/21-4/25	6-7PM	MDF

Tiny Tot Combo

Students learn how to work in a group setting without mom or dad. Class will spend half an hour on tap and half an hour on ballet. This will be a fun and active class that will keep students moving and engaged in learning new things. Students are recommended to wear any color leotard with or without a skirt, pink tights, pink ballet shoes, and black tap shoes. Attire is not included in registration fee.

3-5	\$38	S	1/14-2/4	9-10AM	MDF
3-5	\$38	S	2/18-3/10	9-10AM	MDF
3-5	\$53	S	3/24-4/21	9-10AM	MDF
3-5	\$38	S	1/11-2/1	10-11AM	MDF
3-5	\$38	S	2/15-3/7	10-11AM	MDF
3-5	\$53	S	3/21-4/18	10-11AM	MDF

Tiny Twisters Cheer

Let your little ones get introduced to cheer. They will have a blast learning basic motions, cheers, jumps, stunts and tumbling through this program. While teaching cheer, your little one will enhance coordination, timing, muscle tone and their listening skills through some fun, interactive games. After completing this course, they have the option to be evaluated for competition teams or a higher level of cheer. All classes are set to USASF cheer age guidelines, and all courses are taught by cheer certified and cheer safety certified instructors, according to agency standards.

4-5	\$45	M	1/9-1/30	10-10:45AM	TBD
4-5	\$45	M	2/6-2/27	10-10:45AM	TBD
4-5	\$45	M	3/5-3/26	10-10:45AM	TBD

Tumble Stars

When introducing gymnastics to children, our main goal is for them to have fun as they learn the core physical concepts of flexibility, balance and agility.

3-4	\$53	M	1/9-1/30	10-10:45AM	SSM
3-4	\$53	M	1/9-1/30	5:45-6:30PM	SSM
3-4	\$53	T	1/10-1/31	10-10:45AM	SSM
3-4	\$53	Th	1/12-2/2	10-10:45AM	SSM
3-4	\$53	Th	1/12-2/2	5-5:45PM	SSM
3-4	\$53	M	2/6-2/27	10-10:45AM	SSM
3-4	\$53	M	2/6-2/27	5:45-6:30PM	SSM
3-4	\$53	T	2/7-2/28	10-10:45AM	SSM
3-4	\$53	Th	2/9-3/1	10-10:45AM	SSM
3-4	\$53	Th	2/9-3/1	5-5:45PM	SSM
3-4	\$53	M	3/5-3/26	10-10:45AM	SSM
3-4	\$53	M	3/5-4/5	5:45-6:30PM	SSM
3-4	\$53	T	3/6-3/27	10-10:45AM	SSM
3-4	\$53	Th	3/8-4/5	10-10:45AM	SSM
3-4	\$53	Th	3/8-4/5	5-5:45PM	SSM
3-4	\$53	M	4/9-4/30	10-10:45AM	SSM
3-4	\$53	M	4/9-4/30	5:45-6:30PM	SSM
3-4	\$53	T	4/10-5/1	10-10:45AM	SSM
3-4	\$53	Th	4/12-5/3	10-10:45AM	SSM
3-4	\$53	Th	4/12-5/3	5-5:45PM	SSM

Tumble Tots

This class is for adventurous children that are able to be separated easily from their parents to explore gymnastics in a fun and safe environment with a certified instructor in toddler-kinder gymnastics.

2	\$48	M	1/9-1/30	9:30-10AM	SSM
2	\$48	T	1/10-1/31	9:30-10AM	SSM
2	\$48	Th	1/12-2/2	9:30-10AM	SSM
2	\$48	M	2/6-2/27	9:30-10AM	SSM

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2	\$48	T	2/7-2/28	9:30-10AM	SSM
2	\$48	Th	2/9-3/1	9:30-10AM	SSM
2	\$48	M	3/5-3/26	9:30-10AM	SSM
2	\$48	T	3/6-4/3	9:30-10AM	SSM
2	\$48	Th	3/8-4/5	9:30-10AM	SSM
2	\$48	M	4/9-4/30	9:30-10AM	SSM
2	\$48	T	4/10-5/1	9:30-10AM	SSM
2	\$48	Th	4/12-5/3	9:30-10AM	SSM

to fly as mom or dad is the "muscle" for them. We will take playing airplane to a whole new meaning! All classes are set to USASF cheer age guidelines and all courses are taught by cheer-certified and cheer-safety certified instructors, according to agency standards.

2+	\$45	M	1/9-1/30	10:45-11:30AM	TBD
2+	\$45	M	2/6-2/27	10:45-11:30AM	TBD
2+	\$45	M	3/5-3/26	10:45-11:30AM	TBD

guidelines, and all courses are taught by cheer certified and cheer safety certified instructors, according to agency standards.

4-7	\$60	M	1/9-1/30	4:30-5:30PM	TBD
4-7	\$60	M	2/6-2/27	4:30-5:30PM	TBD
4-7	\$60	M	3/5-3/26	4:30-5:30PM	TBD

Xtreme Adult Core and Cheer



This adult course is aimed at using stretching and conditioning techniques that target the core. Loads of fun to be had! The first half is conditioning, while the second half is stunting. You do not need prior cheer experience! Work at your own pace. All classes are set to USASF cheer age guidelines, and all courses are taught by cheer certified and cheer safety certified instructors, according to agency standards.

18+	\$60	M	1/9-1/30	11:30AM-12:30PM	TBD
18+	\$60	M	1/9-1/30	8:30-9:30PM	TBD
18+	\$60	M	2/6-2/27	11:30AM-12:30PM	TBD
18+	\$60	M	2/6-2/27	8:30-9:30PM	TBD
18+	\$60	M	3/5-3/26	11:30AM-12:30PM	TBD
18+	\$60	M	3/5-3/26	8:30-9:30PM	TBD

Xtreme Junior Cheer



This junior class will give the kids more enhanced skills. They will learn all of the beginner skill sets, in addition to learning more advanced jumps, stunts, pyramids and transitions, as well as cheer tumbling. This class is especially designed for kids wanting to learn all they can about cheer. Great class for those wanting to try out for a competition team or their school's cheer team! All classes are set to USASF cheer age guidelines and all courses are taught by cheer certified and cheer safety certified instructors, according to agency standards.

8-12	\$60	M	1/9-1/30	5:30-6:30PM	TBD
8-12	\$60	M	2/6-2/27	5:30-6:30PM	TBD
8-12	\$60	M	3/5-3/26	5:30-6:30PM	TBD

Xtreme Parent & Me Cheer



The parent and child class is designed to be a fun, quality enhanced time with your son or daughter. We will encourage eye-hand coordination, listening skills and fun! Participants will do "partner stunts" to show off to family and friends. The kids will learn to work their muscles and learn what the muscle groups are doing. Children will learn

Xtreme PRIDE



This is a special needs cheer class. We learn a lot of the same skills as any other class and take any physical and learning considerations into account. This is taught by someone with an OMRDD background and has worked extensively with the special needs population. This is great fun for the teacher as well as the students!

5+	\$30	F	1/13-2/3	3:30-4:15PM	TBD
5+	\$30	F	2/10-3/2	3:30-4:15PM	TBD
5+	\$30	F	3/9-3/30	3:30-4:15PM	TBD

Xtreme Senior Cheer



Xtreme senior will encourage skills in all other classes, plus they will gain the knowledge of how to perfect their skill set. They will learn more advanced techniques in all areas and be able to have a more one-on-one experience. If you hope to be on a cheer or competition team, this is an ideal class to take. They will also go through a goal-setting process and steps to take to complete their personal cheer goals, whether it be getting their motions perfected, doing a great toe-touch or landing their round-off back handspring. All classes are set to USASF cheer age guidelines, and all courses are taught by cheer certified and cheer safety certified instructors, according to agency standards.

13+	\$60	M	1/9-1/30	3:30-4:30PM	TBD
13+	\$60	M	2/6-2/27	3:30-4:30PM	TBD
13+	\$60	M	3/5-3/26	3:30-4:30PM	TBD

Xtreme Youth Cheer



They will learn everything from the tiny and mini class plus much more. This is a great age for kids to develop good practice habits and learn new cheer skills. Self-esteem plays a big part at this age and in this class. This youth class will prepare them for the next level of cheer. Great class for those wanting to try out for a competition team or their school's cheer team! All classes are set to USASF cheer age

GENERAL INTEREST

All About Angels



The term angel means "messenger," and angels are found throughout all religions. In this course, learn what angels are and of their different types. Instructor: Allison Sandblom

18+	\$25	F	1/27	10AM-12PM	CAC
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Basic Solar Oven Cooking



Students will learn the basics of solar oven cooking and how to build a simple solar oven. Special Notes: Students will furnish their own supplies based on a supplies list distributed prior to the first day of class.

18+	\$25	S	2/4	9AM-12PM	CAC
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Cake Decorating Basics: The Character Cake



Decorate your character cake and eat it too using the star technique for creating a Wilton character cake. Students will use a star tip and borders, techniques of leveling and creating flowers and writing to customize your cake. This class is offered in partnership with Central Arizona College (CAC). Special Notes: Students will furnish their own supplies based on a supplies list distributed prior to the first day of class. Instructor: Helen Kovac

18+	\$25	S	2/11	12-3PM	CAC
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Cake Decorating Basics: The Layered Cake



Learn the Wilton-method of cake decorating including leveling, borders, flowers and writing. Designed for cake decorating beginners. This class is offered in partnership with Central Arizona College (CAC). Special Notes: Students will furnish their own supplies based on a supplies list distributed prior to the first day of class. Instructor: Helen Kovac

18+	\$25	S	2/11	8-11AM	CAC
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Candid Photos for Kids



Has your child tried to take your camera away from you because they want to take their own picture? If yes, then sign them up for this class. We will focus on the basic skills of photography in a fun hands-on environment. Class fee includes camera and prints.

8-12 \$45 F 1/13-1/27 3:30-5PM CTR

8-12 \$45 F 2/9-2/23 3:30-5PM CTR

Digital Scrapbooking for Beginners



Create digital storybooks using your favorite photos and digital software templates. This class is offered in partnership with Central Arizona College (CAC). Special Notes: Students will furnish their own supplies based on a supplies list distributed prior to the first day of class. Instructor: Melinda Medina.

18+ \$25 S 5/5 10AM-12PM CAC

Disc Jockey Basics



Learn the basics of becoming a DJ. This course discusses how to book gigs, price services and market a business. It provides "hands-on training" with some of the latest cutting-edge DJ equipment technologies, such as Serato Live, CDJs, turntables, midi-controllers and mixers. This class is offered in partnership with Central Arizona College (CAC). Special note: no class on 5/5 Instructor: Dan Agloro.

18+ \$49 S 5/5-5/26 1-3PM CAC

Interior Design: 4 W's & a Roof



Students will explore basic interior design concepts. Special Notes: Students will furnish their own supplies based on a supplies list distributed prior to the first day of class. instructor: Susan Ashe.

18+ \$31 S 4/7-4/14 10AM-12:30PM CAC

Intro to Digital Scrapbooking and Storybooking



Have you ever wondered if you will ever get those pictures off of your camera cards or hard drives? Do you wish you had an easy way to actually look at the 100's and 1000's of photos you take every year? Join us for an all-inclusive class to learn the ins and outs of preserving your photos in beautiful projects including, among others, hard-bound storybooks, gallery-wrapped canvas prints, calendars and

cards. Your tuition will include 3 months of unlimited access to over 750 professionally-designed digital art collections (over 45,000 pieces of art), over 4000 templates to use to create your projects, instruction by an Independent Personal Publishing Consultant, and \$120 in publishing credit to use for publishing the projects your create in class.

*Scanning available for digitizing older, hard-copy photos for use in your projects.

16+ \$120 T 1/10-1/31 7-9PM MPL

16+ \$120 T 2/21-3/20 7-9PM MPL

16+ \$120 T 3/27-4/17 7-9PM MPL

Learning to Quilt I



Learn the basics of quilting: choosing and coordinating fabrics, selecting batting, gathering the most essential tools and setting up an efficient work area. This class is offered in partnership with Central Arizona College (CAC). Special Notes: Students will furnish their own supplies based on a supplies list distributed prior to the first day of class. Instructor: Helen Kovac.

18+ \$25 S 1/28 8AM-12PM CAC

Learning to Quilt II



Learn to make several popular quilt blocks in different sizes, using stitched strips and creating strata patterns. This class is offered in partnership with Central Arizona College (CAC). Special Notes: Students will furnish their own supplies based on a supplies list distributed prior to the first day of class. Instructor: Helen Kovac

18+ \$25 S 2/25 8AM-12PM CAC

Learning to Quilt III



Learn how to start with a center quilt block and add strips, chain piece or assemble "logs" to create a novel quilted design. This class is offered in partnership with Central Arizona College (CAC). Special Notes: Students will furnish their own supplies based on a supplies list distributed prior to the first day of class. Instructor: Helen Kovac

18+ \$25 S 3/3 8AM-12PM CAC

Photography 101 Series



This workshop series is designed for the beginning photographer. You will learn basic principles regarding camera functionality, composition and lighting. You can take one



course in the series or all three. So, if you are ready to improve your photography, then this workshop is for you! Don't forget your camera. Workshop #1: Photography Basics Do you wonder what those little buttons are on your camera? This workshop will walk you step by step on aperture, shutter speed, ISO, White Balance and much more! At the end of this workshop, you will be able to use your camera to its fullest capability. Workshop #2: Composition Matters Taking a great photo is more than lifting up your camera and taking a shot. In this workshop, you will learn how to achieve the best exposure, rule of thirds, family/ group arrangements, black and white photography and how to use your aperture for creative effects. This workshop will take you to the next level! Workshop #3: Practice at the Park In this workshop, you will apply the principles regarding camera functionality, composition and lighting. You will be given a series of assignments which will take you step by step. These include varying your shutter speed and aperture to achieve the best exposure, using depth of field to get creative effects and applying the principles of composition. Your photos will be evaluated during the workshop or you can send them to the instructor afterwards for additional critique.

18+ \$75 F 1/13-1/27 6-8PM CH

18+ \$75 Th 2/9-2/23 6-8PM CH

Photography Workshop #1: Photography Basics



This workshop series is designed for the beginning photographer. You will learn basic principles regarding camera functionality, composition, and lighting. You can take one course in the series or all three. So, if you are ready to improve your photography, then this workshop is for you! Don't forget your camera. Workshop #1: Photography Basics Do you wonder what those little buttons are on your camera? This workshop will walk you step by step on aperture, shutter speed, ISO, White Balance and much more! At the end of

this workshop, you will be able to use your camera to its fullest capability.

18+	\$25	F	1/13	6-8PM	CH
18+	\$25	Th	2/9	6-8PM	CH

Photography Workshop #2: Composition Matters



This workshop series is designed for the beginning photographer. You will learn basic principles regarding camera functionality, composition, and lighting. You can take one course in the series or all three. So, if you are ready to improve your photography, then this workshop is for you! Don't forget your camera. Workshop #2: Composition Matters Taking a great photo is more than lifting up your camera and taking a shot. In this workshop, you will learn how to achieve the best exposure, rule of thirds, family/ group arrangements, black and white photography and how to use your aperture for creative effects. This workshop will take you to the next level!

18+	\$25	F	1/20	6-8PM	CH
18+	\$25	Th	2/16	6-8PM	CH

Photography Workshop #3: Practice at the Park



This workshop series is designed for the beginning photographer. You will learn basic principles regarding camera functionality, composition, and lighting. You can take one course in the series or all three. So, if you are ready to improve your photography, then this workshop is for you! Don't forget your camera. Workshop #3: Practice at the Park In this workshop, you will apply the principles regarding camera functionality, composition, and lighting. You will be given a series of assignments which will take you step by step. These include varying your shutter speed and aperture to achieve the best exposure, using depth of field to get creative effects and applying the principles of composition. Your photos will be evaluated during the workshop or you can send to the instructor afterwards for additional critique.

18+	\$25	F	1/27	6-8PM	CH
18+	\$25	Th	2/23	6-8PM	CH

Planning a Fundrasing Event, Part I



Learn the fundamentals of effective fundraising for your church, club, corporate or non-profit organization. Learn strategic

planning techniques to create a successful fundraising plan. This class is offered in partnership with Central Arizona College (CAC). Instructor: Karla Woods.

18+	\$25	S	3/24	9AM-12PM	CAC
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Planning a Fundrasing Event, Part II



Review the fundamentals of effective fundraising for your church, club, corporate or non-profit organization. Create a team, select strategic planning techniques and implement a successful fundraising event. Instructor: Karla Woods.

18+	\$25	S	3/31	9AM-12PM	CAC
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Quilt Making: T-shirt Quilt



Learn the basics of quilt making while making a quilt from old t-shirts using the latest quick cutting techniques and machine piecing skills. This class is offered in partnership with Central Arizona College (CAC). Special Notes: Students will furnish their own supplies based on a supplies list distributed prior to the first day of class.

18+	\$25	S	3/24-3/31	1-3PM	CAC
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TRAINING & CERTIFICATIONS

Creating Business Presentations and Materials



Learn the basics of PowerPoint to create professional presentations, such as a slide show, overheads and advertising for a business. In Part II, learn how to create professional-looking newsletters, bulletins, business cards and flyers in Publisher. This class is offered in partnership with Central Arizona College (CAC). Instructor: Helen Kovac.

18+	\$25	S	4/21-4/28	1-3PM	CAC
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Heartsaver CPR & AED



Class includes adult/child/infant CPR/AED training using the new Nov 2010 guidelines. Each student who passes the class will receive an American Heart Association card, valid for two years. Please bring lunch.

15+	\$45	S	3/17	9AM-1PM	CTR
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Heartsaver First Aid w/CPR & AED



Students learn how to manage illness and injuries in the first few minutes until professional help arrives. Class includes general principles, medical/injury emergencies, adult/child/infant CPR/AED training using the new Nov 2010 guidelines. Each student who passes the class will receive an American Heart Association card, valid for two years. Please bring lunch.

15+	\$50	S	1/21	9AM-5PM	CTR
15+	\$50	S	2/18	9AM-5PM	CTR
15+	\$50	S	4/21	9AM-5PM	CTR



Intermediate Computer Skills



For personal and/or community enrichment, develop intermediate level computer skills by using MS Office Word, PowerPoint and Excel software applications, web searches and Internet based applications. This class is offered in partnership with Central Arizona College (CAC). Instructor: Verl Long.

18+	\$37	S	2/18-3/3	1-3PM	CAC
18+	\$37	S	4/21-5/5	1-3PM	CAC

Public Speaking 101



The goal of this workshop is to provide you with practical tips and tools to successfully give a presentation in a safe environment. The techniques you learn will boost your confidence and help you overcome the "belief" system that you cannot speak in public and do so without fainting! This workshop is progressive so we start out with small speaking assignments. By the end of the third session, you will know how to give a speech with confidence! Cost includes your recorded presentation on a CD, a Training Workbook and speech evaluations.

18+	\$60	F	3/16-3/30	5:30-8PM	CTR
18+	\$60	F	4/5-4/19	5:30-8PM	CTR

Questions?

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